

2019 CVSL Championships Warm-up Times and Lane Assignments

Teams should do sprints in their own lanes during their assigned warm-up periods.

Friday PM

| | 3:00-3:20 | 3:20-3:40 | 3:40-4:00 |
|---------------|------------------|------------------|------------------|
| Lane 1 | VST | TEST | STA |
| Lane 2 | VST | TEST | STA |
| Lane 3 | EDGE | TEST | WIN |
| Lane 4 | EDGE | BTC | MIDD |
| Lane 5 | EDGE | BTC | BCC |
| Lane 6 | EDGE | BTC | BCC |

Saturday AM

| | 7:00-7:20 | 7:20-7:40 | 7:40-8:00 |
|---------------|------------------|------------------|------------------|
| Lane 1 | MIDD | BCC | STA |
| Lane 2 | MIDD/WIN | BCC/TEST | STA |
| Lane 3 | WIN | TEST | STA |
| Lane 4 | VST | EDGE | BTC |
| Lane 5 | VST | EDGE | BTC |
| Lane 6 | VST | EDGE | BTC |

Saturday PM

| | 12:00-12:20 | 12:20-12:40 | 12:40-1:00 |
|---------------|--------------------|--------------------|-------------------|
| Lane 1 | BTC | BCC | EDGE |
| Lane 2 | BTC | BCC | EDGE |
| Lane 3 | BTC | WIN | EDGE |
| Lane 4 | STA | WIN | EDGE |
| Lane 5 | TEST | MIDD | EDGE |
| Lane 6 | TEST | MIDD | VST |